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Dorchester County Health Department
3 Cedar Street, Cambridge, MD 21613
(410) 228-3223

Commit to be FIT



Welcome to Dorchester County, known as the Heart of the Chesapeake Country. Rich in Chesapeake Bay history, folklore, and tradition, we invite you to explore the many things this community has to offer. Fishing villages, working boats, marshlands, farm fields...much still exists of the authentic Eastern Shore landscape and traditional way of life along the Chesapeake. Start your exploration at Sailwinds Visitor Center, which is located at the foot of the Choptank River Bridge. The Visitor Center staff is available to assist with all of your planning needs.



Dorchester County wants its residents and visitors to utilize our beautiful county to be physically active. This guide is filled with recreational opportunities to embrace a healthy lifestyle. For more information on physical activity, check out www.cdc.gov/physicalactivity.

What is physical activity?

Physical activity is the movement of the body that uses energy and generally enhances health. People of all ages, shapes, sizes and abilities can benefit from being physically active.

Benefits of physical activity

- Increases your chances of living longer
- Decreases chances of becoming depressed
- Helps you move around more easily
- Improves how well you sleep at night
- Strengthens your muscles and bones
- Helps you stay at or get to a healthy weight
- Lowers your blood pressure and cholesterol
- Decreases risk of heart disease, diabetes, stroke, and cancer

Physical Activity Guidelines

The more physical activity you do, the greater the health benefits. How much you need depends on your age and current fitness level. If you have any health concerns, talk to your doctor about the types and amounts of activity that are right for you. If you haven't been active in a while, start slowly and build up. Do at least 10 minutes of activity at a time because shorter intervals will not have the same health benefits.

Adults (18-64 years old)

- At least 2 hours and 30 minutes a week of moderate-intensity aerobic physical activity.
- Strengthening activities, like push-ups, sit-ups, and weight-lifting, at least 2 days a week.

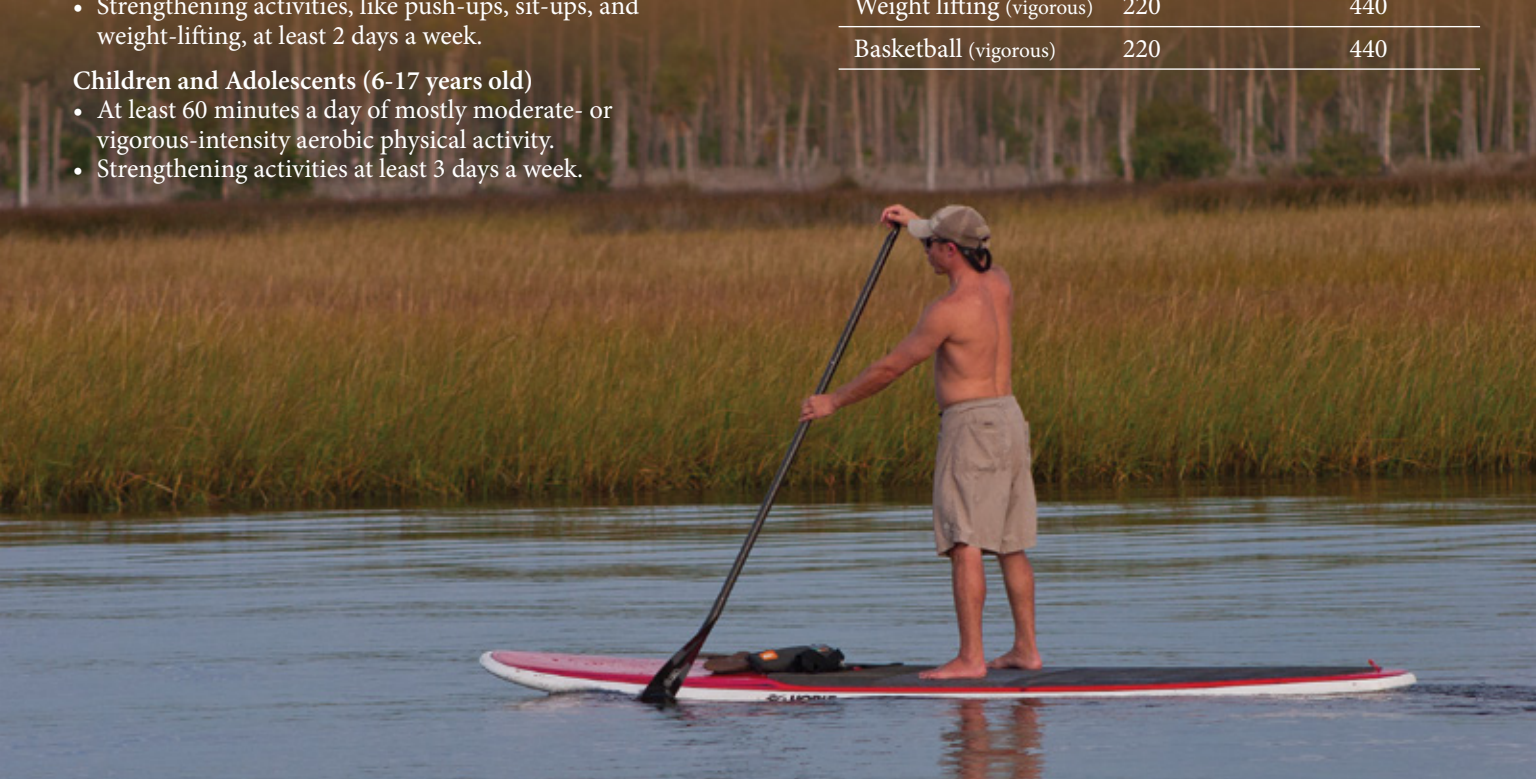
Children and Adolescents (6-17 years old)

- At least 60 minutes a day of mostly moderate- or vigorous-intensity aerobic physical activity.
- Strengthening activities at least 3 days a week.

Calories Used per hour in Common Physical Activities

Moderate Physical Activity	Approximate Calories/ 30 Minutes for a 154 lb Person	Approximate Calories/ Hour for a 154 lb Person
Hiking	185	370
Dancing	165	330
Golf (walking & carrying clubs)	165	330
Bicycling (<10 mph)	145	290
Walking (3.5 mph)	140	280
Weight lifting (light workout)	110	220
Stretching	90	180

Vigorous Physical Activity	Approximate Calories/ 30 Minutes for a 154 lb Person1	Approximate Calories/ Hour for a 154 lb Person1
Running (jogging (5 mph)	295	590
Bicycling (>10 mph)	295	590
Swimming (slow freestyle laps)	255	510
Aerobics	240	480
Walking (4.5 mph)	230	460
Weight lifting (vigorous)	220	440
Basketball (vigorous)	220	440



Tips for increasing physical activity

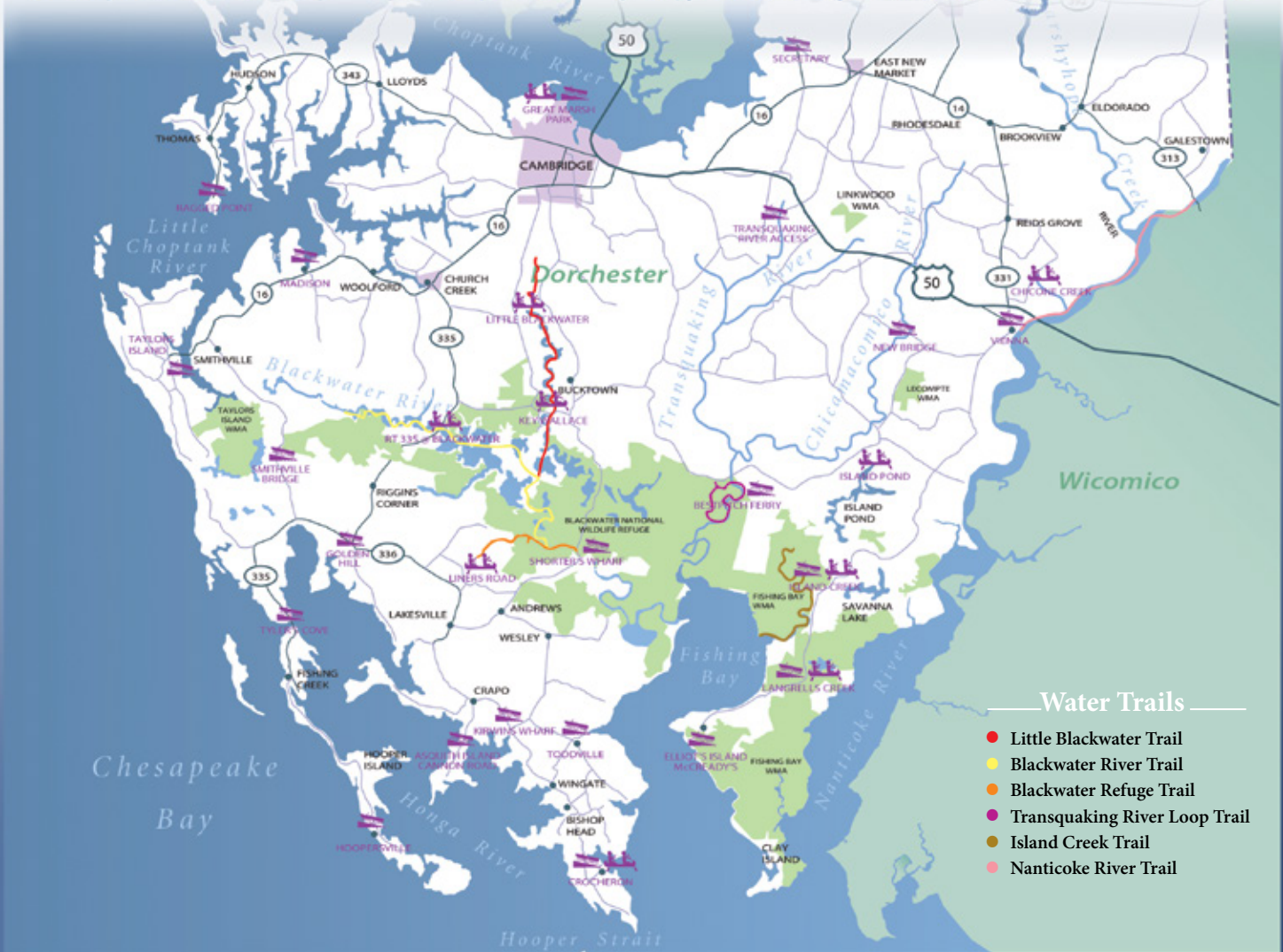
To make physical activity a regular part of the day, choose activities that you enjoy and can fit into an easy routine, such as taking a brisk 10-minute walk during your lunch break. Keep it interesting by trying something different on alternate days. Every little bit adds up and doing something is better than nothing.

Tips for increasing physical activity

- Start/join a neighborhood or office walking group
- Keep comfortable clothes and shoes in the car to be ready at any time
- Recruit a partner for support and encouragement
- Walk, skate, or cycle more instead of driving
- Do stretches or exercises while watching TV
- Plant and care for a vegetable or flower garden
- Walk up and down the sports field sidelines while the kids practice
- Play with the kids – tumble in the leaves, take a bike ride, build a snowman, splash in a puddle, or dance to favorite music
- Park farther away from work or the grocery store
- Take part in an exercise program or class in martial arts, dance, or yoga
- Pull the cart or carry clubs when playing golf
- Take advantage of the public parks and walking trails
- Most importantly, have fun while being active!



Dorchester County Public Boating Access



Water Trails

- Little Blackwater Trail
- Blackwater River Trail
- Blackwater Refuge Trail
- Transquaking River Loop Trail
- Island Creek Trail
- Nanticoke River Trail

Water Access Site Name	Access Type	Water Access Site Name	Access Type
Asquith Island/Cannon Road	Boat Ramp	Little Blackwater	Soft Launch
Bestpitch Ferry Boat Ramp	Boat Ramp	Madison	Boat Ramp
Chicone Creek	Soft Launch	MD Route 335 at Blackwater	Soft Launch
Crocheron	Boat Ramp/Soft Launch	New Bridge	Boat Ramp
Elliott's Island - Ramp/McCreedy's	Boat Ramp	Ragged Point	Boat Ramp
Franklin Street	Boat Ramp	Sailwinds Visitor Center	Soft Launch
Golden Hill	Boat Ramp	Secretary	Boat Ramp
Great Marsh Park /Hambrooks	Boat Ramp, Soft Launch	Shorter's Wharf	Boat Ramp
Hoopersville	Boat Ramp	Smithville Bridge	Boat Ramp
Island Creek	Boat Ramp	Taylor's Island	Boat Ramp
Island Pond	Soft Launch	Toddville	Boat Ramp
Key Wallace	Soft Launch	Transquaking River Access	Boat Ramp
Kirwins Wharf	Boat Ramp	Trenton Street	Boat Ramp
Langrells Creek	Boat Ramp	Tylers Cove	Boat Ramp
Liners Road	Soft Launch	Vienna	Boat Ramp

Cambridge

Public Boating Access



Water Access Site Name

Access Type

Franklin Street

Boat Ramp

Great Marsh Park

Boat Ramp/Soft Launch

Sailwinds Visitor Center

Soft Launch

Trenton Street

Boat Ramp

Boating/ Paddling

Blackwater Paddle & Pedal

2524 Key Wallace Dr.
Cambridge, MD 21613

410.901.9255

- Bike, Canoe & Kayak Rentals. Rentals of jet ski, catamaran, paddle boat & powerboat at the Hyatt location.

Cambridge Yacht Club

1 Mill St.

Cambridge, MD 21613

410.228.2141

Overboard Paddle & Fitness

5525 Cedar Grove Rd.

East New Market, MD 21631

410.463.4350

- Paddleboarding Classes

For more detailed information, pick up the Dorchester County Water Trails Guide at:

- Office of Tourism
2 Rose Hill Place
Cambridge, MD 21613
410-228-1000

Bowling

Choptank Bowling Center

1200 Goodwill Ave.

Cambridge, MD 21613

410.901.1212

Camp-grounds

Madison Bay Campground

4814 Canning House Rd.

Madison, MD 21648

410.228.1108

Taylor's Island Family Campground

4362 Bay Shore Rd.

Taylor's Island, MD 21669

410.397.3275



Cycling

Blackwater National Wildlife Refuge
2145 Key Wallace Dr.
Cambridge, MD 21613
410.228.2677

Blackwater Paddle & Pedal
2524 Key Wallace Dr.
Cambridge, MD 21613
410.901.9255
• Bike, Canoe & Kayak Rentals

Cambridge Multi-Sport
Cambridge, MD 21613
Local Triathlon Club
410.901.0778

LeCompte WMA
4220 Steele Neck Rd.
Vienna, MD 21869

On the River Cycle & Sport
2833 Ocean Gateway East
Cambridge, MD 21613
410.221.9981

For more detailed information, pick up the Dorchester County Cycling Guide at:

- Office of Tourism
2 Rose Hill Place
Cambridge, MD 21613
410-228-1000

Dance

Eastern Shore Dance Academy
3093 Beverly Ln., Suite E & F
Cambridge, MD 21613
410.221.0037
esdanceacademy@yahoo.com

YMCA of the Chesapeake
201 Talbot Ave.
Cambridge, MD 21613
410.221.0505



Flying

B & B Sport Aviation
Cambridge Dorchester
Airport
5223 Bucktown Rd.
Cambridge, MD 21613
410.221.8009

**Cambridge-Dorchester
Regional Airport**
5263 Bucktown Rd.
Cambridge, MD 21613
410.228.4571

4-H

**University of Maryland
Extension - Dorchester
County**
501 Court Ln.
Room 208
Cambridge, MD 21613
410.228.8800

Golf

**River Marsh Golf Course
at the Hyatt**
100 Heron Blvd.
Cambridge, MD 21613
410.901.6397

**Choptank River Golf &
Event Center**
5650 Country Club Rd.
Cambridge, MD 21613
410.228.4653



Gyms

Cambridge Fitness Center
807 Woods Rd.
Cambridge, MD 21613
443.477.3601

Five Fold CrossFit
404 Washington St.
Cambridge, MD 21613
410.989.2025

Powerhouse Gym
702 Cambridge Plaza
Cambridge, MD 21613
410.901.9991

YMCA of the Chesapeake
201 Talbot Ave.
Cambridge, MD 21613
410.221.0505

Horseback Riding

Windy Way Horses
6836 E New Market Ellwood
Rd.
Hurlock, MD 21643
443.205.3429
• Riding lessons, trail rides & more



Parks

CAMBRIDGE PARKS

Bill Burton Fishing Pier State Park

Frederick C. Malkus Bridge
Cambridge, MD 21613

Christ Rock Park

Rt. 16
Cambridge, MD 21613

Cornish Park

Phillips St.
Cambridge, MD 21613

Egypt Rd. Park

Egypt Rd.
Cambridge, MD 21613
A 96 acre site (fishing &
nature trail)

Great Marsh Park

1 Somerset Ave.
Cambridge, MD 21613

J. Edward Walter Park

Linden Ave.
Cambridge, MD 21613

School Street Athletic Complex

School St.
Cambridge, MD 21613

Long Wharf Park

High and Water St.
Cambridge, MD 21613

McCarter Park & Playground

LeCompte St.
Cambridge, MD 21613
2 acre site with a playground &
multipurpose field

Meadow Ave Park

Meadow Ave.
Cambridge, MD 21613

Sailwinds Park

Rose Hill Place
Cambridge, MD 21613

NORTH DORCHESTER PARKS

East New Market Park

Creamery Rd.
East New Market, MD 21631

Friendship Park

Railroad Rd.
East New Market, MD 21631

Galestown Community Center/Playground

Schoolhouse Rd.
Galestown, MD 21659

Heights Ave. Park

Heights Ave.
Hurlock, MD 21643

Hurlock Athletic Complex

Poplar St.
Hurlock, MD 21643

Murphy-Sellers

Memorial Park
214 Market St.
Vienna, MD 21869

North Main St. Park

700 Hundred Block
Hurlock, MD 21643

Prospect Park

Ruby Circle
Hurlock, MD 21643

Secretary Park

Linden Ave.
Secretary, MD 21664

Veterans Memorial Park

North Main St.
Hurlock, MD 21643

Veterans Park

Main St.
Secretary, MD 21664

Vienna Nature Walk/ Waterfront Park

114 Water St.
Vienna, MD 21869

SOUTH DORCHESTER PARKS

Church Creek Park

Rt. 16
Church Creek, MD 21622

Harriet Tubman Under- ground Railroad State Park

2145 Key Wallace Dr.
Cambridge, MD 21613
410.228.2677



Sailing

The Eastern Shore Sailing Association (ESSA)
PO Box 374
Salisbury, MD 21803

Cambridge Yacht Club
1 Mill St.
Cambridge, MD 21613
410.228.2141

Sports

Cambridge Little League Park
Baseball Field, Race St.
Cambridge, MD 21613
• Youth Baseball

Dorchester County Recreation and Parks
446 Willis St.
Cambridge, MD 21613
410.228.5578

East New Market Field-Tri-City Creamery Rd.
East New Market, MD 21631
• Youth Baseball

Pop Warner Football
Dorchester County Recreation and Parks
446 Willis St.
Cambridge, MD
410.228.5578
• Youth Football/Cheerleading

YMCA of the Chesapeake
201 Talbot Ave.
Cambridge, MD 21613
410.221.0505

Swimming

Dorchester County Pool
107 Virginia Ave.
Cambridge MD, 21613
410.221.8535

YMCA of the Chesapeake
201 Talbot Ave.
Cambridge, MD 21613
410.221.0505



Tennis/Pickleball/Racquet

Bay Country Racquet Club
515 Leonard's Ln.
Cambridge, MD 21613
410.228.9311
• (Membership)

Hurlock Park
200 Charles St.
Hurlock, MD 21643
• (Courts)

Park on Creamery Rd.
5921 Creamery Rd.
East New Market, MD 21631
• (Courts)



Busick Tennis Complex
Glasgow St.
Cambridge, MD 21613
• (Courts)

River Marsh Golf Course at the Hyatt
100 Heron Blvd
Cambridge, MD 21613
410.901.1234
• (Membership)

YMCA of the Chesapeake
201 Talbot Ave.
Cambridge, MD 21613
410.221.0505
• (Membership)

Walking Trails

Bill Burton Fishing Pier State Park
Frederick C. Malkus Bridge
Cambridge, MD 21613

Blackwater National Wildlife Refuge
2145 Key Wallace Dr.
Cambridge, MD 21613
410.228.2677

Friendship Park
Railroad Rd.
East New Market, MD 21631

Great Marsh Park
At the end of Somerset Ave.
Cambridge, MD 21613

Handsell
4837 Indiantown Rd.
Vienna, MD 21869
410.228.7458

Harriet Tubman Underground Railroad State Park
2145 Key Wallace Dr.
Cambridge, MD 21613
410.228.2677

Old Trinity Church
1716 Taylors Island Rd.
Church Creek, MD 21622
410.228.2940
• Walking Path on beautiful historical waterfront grounds.

Sailwinds Park East
2 Rose Hill Place
Cambridge, MD 21613

Vienna Waterfront Park
Water St.
Vienna, MD 21869



Wildlife/Birding

Blackwater National Wildlife Refuge
2145 Key Wallace Dr.
Cambridge, MD 21613
410.228.2677

Blue Heron Rookery at the Hyatt
100 Heron Blvd.
Cambridge, MD 21613
410.901.1234

- The Hyatt's own wildlife refuge free admission to guest

The Fishing Bay WMA Water Trail
DNR Eastern Shore Office
4220 Steele Neck Rd.
Vienna, MD 21869
410.376.3236

- Designed for kayak and canoe users with an interest in birding and wildlife photography.

Frank M. Ewing/Robinson Neck Preserve
Robinson Neck Rd.
Taylors Island, MD 21669

LeCompte Wildlife Management Area
4220 Steele Neck Rd.
Vienna, MD 21869

Vienna Nature Walk
Water St.
Vienna, MD 21869

Yoga

Anahata Yoga
212 Dorchester Ave.
Cambridge, MD 21613
443.521.7137

- Yoga studio-Alternative and Holistic Health Service-Dance Studio

Over Board Paddle & Fitness LLC
Sunset Yoga at
Sailwinds Park
2 Rose Hill Dr.
Cambridge, MD 21613
410.463.4350

- Seasonal

YMCA of the Chesapeake
201 Talbot Ave.
Cambridge, MD 21613
410.221.0505

